



Make your Notice-board interesting. Newcomers may judge your Club by it.

### DON'T LET YOURSELF GO

TO the well-known slogan "Your courage, your cheerfulness, your resolution," I should like to add "Your Health" as a factor that will bring us to victory. Physical well-being and the balanced outlook resulting from it are necessities to ensure a readiness to meet sudden shock or a reserve of strength for prolonged strain. Some of the conditions forced upon us may be all to the good: quiet evenings are being spent at home, and the calmer pace of life now necessary may do much to counteract the effects of the restlessness and rush, which were beginning to leave their mark on the less stable nervous systems. How many people are finding real relaxation of mind and body in the national pastime of knitting!

Although scarcity of 'buses is annoying it has made people realise how pleasant walking is. As well as the exercise you get you are giving yourself a good dose of fresh air—the lack of this is certainly one of the health problems that we have to face. Blacking out with no thought for ventilation can produce conditions something like the Black Hole of Calcutta, in which breathing is difficult and moving about a torment. Take every opportunity of getting fresh air during the day, and open the window when you go to bed and turn the light out.

### DON'T GULP OR GOBBLE!

Although "what to eat" is extremely important, we don't all have the choice and arrangement of our own meals, but we can train ourselves in "how to eat." Eat your meals in as leisurely a manner as possible, and give yourself time to enjoy them. Your body will get little benefit from food that is hurriedly gulped down. Give your teeth the chance of some hard exercise and bite every bit as often as you can! This is important from the point of view of digestion, a process that may be easily upset by the strain and exhaustion that most people sometimes feel in times like these.

### ACCOMMODATION

**ALTRINCHAM.**—ALDER BANK HOSTEL, Y.W.C.A. Beautifully situated, residence for young Professional and Business People. Permanent or temporary. Every convenience. —WARDEN. Tel. Alt. 0505.

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**EDINBURGH.**—Y.W.C.A. 116 George Street Hostel for permanent Girl Residents or Visitors. Central. Two minutes from Princes Street.—Apply WARDEN. Restaurant for Non-Residents open 12 till 2 p.m. daily except Sunday.

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**LONDON.**—BLACKHEATH, Y.W.C.A. Hostel for Professional women and others. Single and double rooms. Gas fires. Close to station and bus. Terms moderate. Stamped envelope.—Apply WARDEN, 29 Bennett Park, S.E.5.

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Qp. ADM, EOR, CDI, POS. 151, P-13

### PERPETUAL YOUTH?

The HON. EMILY KINNAIRD from the wisdom of her eighty-five years sends this message from India to the Y.W.C.A. here: "TRAIN THE YOUNG HOW TO HELP TO AVOID WAR."

During the last few months Miss Kinnaird has visited the Y.W.C.A. in the extreme south of India, in Hyderabad, Calcutta, Bombay, and Lahore—these places are several days' train journey apart. She remarks: "I have been commandeered for finance work." The Y.W.C.A. in India needs our support.

Daily meetings for the Y.M. and Y.W.C.A. was her programme during World Fellowship Week in New Delhi. When she visited a Y.W.C.A. Hostel for Indian teachers in Old Delhi she says: "Wasn't it a nice idea? They divided themselves into different groups and entertained me for breakfast, lunch, and tea!"

### THIS WILL INTEREST YOU

Listen in to Dame Meriel Talbot on Sunday, 11th February, at 8.40 p.m. She will speak on work for girls in Wartime. Broadcast arranged by the Girls' Section of the Standing Conference of National Juvenile Organisations.

The rationing of food will do us no harm at all; sugar gives us energy, but the weekly amount of 1 lb. at present suggested is plenty for the average person and will easily keep us going with the sugar we take in other ways—sweets, cakes, honey, etc. Bacon and butter are chiefly important for the fats they contain, but, after all, bacon's only one kind of animal! And it's quite easy to eat margarine, making up any possible lack by drinking more milk and eating cheese, eggs, or herrings. And fresh fruits and vegetables are health-giving in war and peace, so don't leave them out.

### DON'T PEER!

We are now more conscious of our eyes than ever before; peering through the black-out until they feel as if they were sticking out is bound to cause strain, and then we go indoors to a bright light and have to adapt ourselves all over again. Exercises will help the eye muscles to be elastic, rolling from side to side and up and down, and tired eyes get great relief from bathing in such a solution as Optrex, or opening and shutting in salt and water (a teaspoonful of salt to a pint of water).

### DON'T HOBBLE!

And finally, feet. Most of us are using them a great deal and it is well worth taking a little extra care of them. Low, comfortable shoes are the main consideration, wide enough to be able to move your toes. The height of heel should be what suits you best, but try a slightly lower and wider heel than usual when you buy your next pair. Stockings are more important than most people realise: a size too small can cramp your foot badly. Exercises can help to keep your feet fit, curling and uncurling the toes and moving the ankle joint in all directions—try and do them for a few minutes every day. And, of course, keep the nails cut regularly.

It's up to you to make the most of yourself. Keep your body in good working order and it will serve you well; and if every single person can do her job with increased confidence and vitality, so much stronger does the country's effort become. H.M.P.

New List of Y.W.C.A. Centres  
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# THE BLUE TRIANGLE

## WAR-TIME EDITION



MARCH, 1940

OFFICIAL ORGAN OF THE Y.W.C.A. OF GREAT BRITAIN.

Patrons:  
H.M. THE QUEEN and H.M. QUEEN MARY.

### EASTER

His Spirit stirs and forth in singing  
Breaks the glad voice of bird and bowyer;  
He passes; see His beauty clinging  
To tender blade and jewelled flower.  
(N. C. BRAITHWAITE.)

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No. 3

PRICE - 1/6 per Annum, post free.

National Offices: Y.W.C.A. CENTRAL BUILDING,  
GREAT RUSSELL STREET, LONDON, W.C.1.  
All letters should now be sent to this address

### "INSIDE INFORMATION"

From the Y.W.C.A. Land Army Hostel in Wales

The Orderlies' Song should have a new verse attached to it now, for it is not at six o'clock on a shining morn, but at five o'clock on a bitter morn that we begin our little day. Land Army Girls breakfast at 6.30 a.m. and that means a much earlier rising for the staff, who prepare the breakfast and ring the rising bell, light the fires, put on the wireless, and generally try to convey the idea that the day is already far advanced, though most of the world is still asleep. As the girls do not return till 5 p.m. they all have to be provided with sandwiches for lunch and mid-day. You can work out for yourselves how many sandwiches are needed when you know that each girl has six, and the girls vary from 24 to 26 daily.

The 'bus comes for them at 6.40 a.m. A scramble ensues; are the sandwiches in, the tea-pot and kettle, the sugar and tea? Just like a daily picnic party. We breathe a sigh of relief when they are all safely off, and turn to to wash-up and see to bedrooms, menus, shopping, sandwich making, cooking the evening meal, etc. There may be a girl or two who have not gone to work and need a little care, and also provision for food during the day.

After dinner the evening is free. Boy friends have learned very quickly that there is a welcome for them, and the lounges are soon full of cheery groups, some reading, some writing, some playing games, and some clustered round the piano. At 9.30 p.m. comes Canteen. Tea at a penny a cup, chocolates, biscuits, and, if any are left over, sandwiches, which are free! The house closes at 10 p.m., though late passes are granted up to 10.30 p.m. and gradually the house settles down to peace and quiet for a few, too few, hours.

### APOLOGY

The picture of the Y.W.C.A. Play Centre at Norwich, which appeared in the February "Blue Triangle," should have been acknowledged to the "Eastern Daily Press," who own the original photograph.

V.A.D.s in a Y.W.C.A. Club (With acknowledgments to "Bath Chronicle.")

H.R.H. Princess Royal chatting to Club members (With acknowledgments to John Muscroft, Leeds).



## CADBURY'S MILK CHOCOLATE IS A NOURISHING FOOD

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## A CHALLENGE TO CITIZENS

Dear Fellow-Members,

April 20th to 27th has been chosen for Blue Triangle Week this year. Now it rests with you to make it memorable. We have taken for our symbol the humble necessary torch, made so important by the "black-out." "Torches and Triangles" is the theme of the week. The torch is typical of the individual responsibility which each one of us must assume for the good of all.

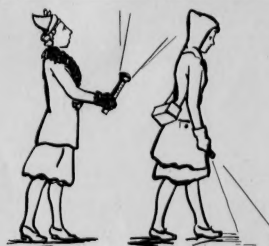
When we think of all that the Y.W.C.A. can give to us for our happiness and well-being, we remember also the opportunity it opens to us to serve others in this time of upheaval in the lives of thousands of our fellow-citizens.

National Service and training for service are the chief concern of the Association this year. We have already been asked to supply more than forty war work centres, involving an immense increase in trained leadership and funds; not to mention a great increase of that spirit in which such service must be given.

We want every member to feel that she has a share in this service. Generally, Blue Triangle Week has been a time of special rallies, bringing together our members, old and new. This year we want to emphasise our responsibilities, as Y.W.C.A. members, to be torch-bearers, light-bringers.

Will you take for the theme of your rally this year the bringing of Light through giving of ourselves (Love) and of our means (Self-denial)? Will you take all those next six or seven weeks for preparation so that our Blue Triangle Week will mean more than ever before? Will you, for instance, pray for the women and girls of our nation? Will you find some ways of personal service to those in need of comfort or encouragement? Will you give something from your own means, and ask your friends to add to it, for the National Service of the Y.W.C.A.? We are sure that you will.

(Signed) CHARLOTTE NIVEN  
(Religious Education Secretary).



## WHICH OF THESE IS YOU?

DO YOU as a pedestrian observe the following rules, and so help to conquer the black-out?

1. Cross the road at marked crossings—even if it means retracing your steps?
2. Use a torch to make a steadily moving beam of light at your feet whenever you cross a road? (Remember, it's the only sure way of letting the driver know you are there!)
3. Dim your torch by covering the bulb with tissue paper; direct the light to the ground; point the bulb into your handbag or on to your book before switching on in a vehicle?
4. Never flash your torch up at a public vehicle as it approaches to see the number or to attract the driver's attention. This has caused many accidents.

Qd. ADM, EOR. CDE, POI. 151, P. 15

## ASSOCIATION NEWS

Please send yours by the 5th of the month.

**ALTRINCHAM.**—"Towards Building Peace." Miss Carruthers visited the Club on 3rd and 4th February to conduct a Conference under this title which was very greatly enjoyed by members and friends. "Family Allowances" and "Unemployment" were among the topics discussed, and the Conference finished with a short devotional meeting on Sunday evening.

**Y.W.C.A. Wayfarers' Club, BRISTOL,** are fortunate in having Mr. Eric Fenn, Assistant Director of Religious Broadcasting, to give a series of lectures entitled: (1) "Change and Decay," (2) "The Spiritual Conflict in Germany," (3) "The Challenge of Russia," and (4) "A New Britain."

**WORCESTER.**—On 27th January our Secretary entertained the Girl's Committee for 1939 with a supper and social evening. After a royal feast of sausage and mash, meringues, iced cake, sweets and nuts, followed a programme of games, competitions and dances. We all spent a very happy evening and express our grateful thanks to the hostess.

**Worcester's Open Sunday Evening** is very popular. On 4th February 253 boys and girls came, the boys in the majority. The hall was so full that a number had to be turned away.

**WATFORD.**—A successful New Year party was held at the Y.W.C.A. About ninety were present. Competitions, games, music and dancing were enjoyed. Councillor Mrs. Armitage, the Chairman, expressed her pleasure at seeing such a happy gathering. They were helping the nation by being as cheerful as possible during these anxious days, she said. She also urged all to attend the first-aid lectures held at the Club.

**BLACKBURN.**—Our New Year's social included ten-minute items of "keep-fit" and country dancing. There was great amusement among the girls, as the men acted as judges in the ankle competition, and our attention was held spell-bound as a conjurer performed his magic acts. At our sixth Birthday Banquet toasts were proposed and responded to. Miss Charlotte Niven, who was our guest of honour, responding to "The World's Y.W.C.A.," told us of some of her experiences abroad.

**HUDDERSFIELD.**—The Young Seniors enjoy their social evenings with the Y.M.C.A., and they are busy rehearsing for their pantomime, "The Sleeping Beauty." The Senior Dramatic Class produced to a very appreciative audience "Daddy Long-legs," and they are now putting all their energy into a Passion Play. The annual trip to the Leeds pantomime was thoroughly enjoyed by two 'bus loads of laughing Club members. A gorgeous run through clean, crisp snow, and a full moon, made the journey a delight.

**LEICESTER.**—After a temporary upheaval of our plans owing to the war, Leicester Blue Triangle Club has now recommenced its activities. Two new Clubs have been opened at Oadby and Saffron Lane. Both are getting on famously with two very go-ahead leaders. A new centre was opened on 27th January. It is intended in the first place for members of the A.T.S. One room will be reserved for them, where they will be able to bring along a friend of either sex. They will be able to join in the Club activities. The canteen is to be open for snack luncheons and again in the evenings, and there will be a Sunday programme also.

The **NORTH HULL Friendly Club** "mothers" held a birthday party. We had a royal time—games, dancing, etc. The table looked very pretty. We had a birthday cake, made and given by our Vice-President. It was decorated with "Y.W.C.A." and triangle in blue, with three blue candles to represent the Club's age. The "mothers" also bought and distributed small packets of tea and tobacco to thirty old age pensioners.

The **SELLY OAK** Club every year holds a Christmas Sale. This year the Committee decided to issue a specially printed gift envelope instead. The members worked hard to get heavy envelopes. One made bread, another covered coat hangers, another sold chocolates and sweets, and others gave articles which were sold in the Club, and all collected from their friends. The result was over £9. It has been a real piece of team work.



## BOOK NOTES

**READING** brings a lot of light and fresh air into our minds, and this means even more than usual now that there is so much darkness outside. It is particularly true of books that do not merely amuse us and distract our minds (good as they are in their way) but make us think. Here are a few short books which are full of striking thought and interesting information about questions which are very much in our minds these days.

"**War Time Discussions**" is the general description of a series published by the Student Christian Movement Press at 9d. each. There are questions at the end of each chapter which are useful for discussion groups and which also help to set our minds working when we read them alone. Here are the titles and authors:

"**Spiritual Issues of the War**," by W. Thompson Elliott, suggests that this is "a war in the spiritual realm, between unseen powers of evil and unseen powers of good, striving for the mastery in the hearts and wills of men." "**The Call of God in Time of War**," by Geoffrey F. Allen, deals with such subjects as group relationships—"often the level of behaviour of a group falls below the behaviour of its members, acting as individuals"—and forgiveness. "**Praying in War Time**" (F. A. Cockin) is about some questions for the Christian conscience which have been troubling many of us. "**The Road to War and the Way Out**" (Rolland A. Chaput) gives an outline of the history of the last twenty years and looks forward to the establishment of a truer peace than that of 1919. "**Moral Issues of the War**," by W. R. Matthews (Eyre & Spottiswoode, 1s.), gives an answer to the question, "Is there anything in this war beyond the motives of self-preservation and self-interest?"

"**Chinese Christians Face Their War**" (3d.) tells what Christianity has done to help the Chinese to carry on their gallant resistance for two years and a half, and yet to keep wonderfully free from hatred of their enemies. A companion pamphlet by Basil Matthews, "**Should Missions Go On?**" shows that the world is in its present state because Christians have not given such devotion to their Gospel as have those who believe in the doctrine of force; and in "**The Hour and Its Need**" (William Paton, 1s.) the author makes the world-wide Church a living reality. All these three come from the Edinburgh House Press; and if you think the subject of Christian Missions is quite remote from the problems of this time, read one or more of them and see if you don't change your mind!

(Continued from previous page)

**SUNDERLAND.**—Drama group performed mimed ballads at a party which they gave for 22 Polish refugees. The guests sang and danced and the evening concluded with Polish and British National Anthems.

**NEWPORT.**—Members gave a New Year Party to twenty poor children. The Y.W.C.A. has been offered as a depot for collecting comforts for uniformed women on the East Coast.

**CLANELLY** entertained forty R.A.F. "boys" at an invitation dance. Many more would like to have been admitted.

## NEW AUSTRALIANS

Dr. Georgina Sweet, a Vice-President of the World's Y.W.C.A., writes from Australia describing how she entertains refugees from Europe in her home and garden in relays, inviting a number of these new Australians to meet an equal number of old Australians. Both the local and national Y.W.C.A. groups are constantly receiving requests for friendly help for refugees in need.

Qd. ADM, EOR. CDE, POI. 151, P. 16



## A BIT OF OLD CHINA

THE Chinese play, "Lady Precious Stream," by S. I. Hsuing, has recently been showing again on the London stage. The writer of this short article saw the play in Shanghai, and here takes us back to the charm and simplicity of the Chinese theatre. A moment's flight, not to the present China at war, but to the China of history—a China at peace.

Of all the bright spots in the city of Shanghai there is none more picturesque than the Chinese theatre. Most foreigners find Chinese drama long and tedious—sometimes a play will go on for weeks—the costumes delightful and some scenes amusing. But Chinese people enjoy the art of acting and the theatre in China plays a big part in the life of its people. Even the coolie is able to quote some lines from a drama and will always find the few cents needed to go to a play from time to time. Most Chinese plays are written in an heroic vein and have for their theme great events in the history of their Empire. In the play the characters are symbolic and in this respect bear some resemblance to the old morality plays. There is the virtuous elder, the gentle obedient child, and the villain. The villain usually wears a terrifying mask with long mustachios, and to the accompaniment of threats and curses brandishes what purports to be a sword, but is merely a piece of cardboard, cut and coloured to bear resemblance to a sword. There is no stage manager in the Chinese theatre; the actors themselves produce scenic effects. Thus a cart will be represented by a man walking across the stage holding a paper with "I am a cart" written on it; a robber climbs a wall by jumping over a chair; pieces of paper set in motion by means of a bellows will represent falling leaves—all these devices are used in the Chinese play to assist the imagination of the audience. The magnificent costumes worn are a source of delight. They are of handsome brocade, the cuffs of which are of a much more delicate material, so that they hang softly over the hands to assist the actor in producing graceful and dramatic effects. Feminine rôles are always played by men and the distinction in sex is made by the adoption of feminine costumes by the men and an assumed highly-pitched voice.

At frequent intervals during the performance tea is served both to actors and audience, along with hot towels, the Chinese method of cooling one's brow! The actors will stop to take refreshment regardless of time and the sequence of the plot. To the foreigner it is most amusing to watch, say, the villain lift up his mustachios to drink his tea and at the same time fraternising with "the cart" and "the robber."

Strident and jarring as it is, one must remember to mention the orchestra, which usually occupies a place to the left of the stage and makes itself heard unmercifully. Possibly foreign ears are not tuned to appreciate music produced with peculiar brass instruments in five tones only!—M.J.

## TWO CRAFT TRAINING WEEK-ENDS

Manchester: G.F.S. Hostel, 29th March—1st April.  
Dinton, Wilts.: Philipps House, 31st May—3rd June.

These week-ends are arranged by the Crafts Council especially for people working for the Craft Tests, but anyone who is interested in craft work for girls' organisations will be welcome. For particulars write to the Secretary, The Crafts Council, Hamilton House, Bidborough Street, London, W.C.1.